



COUNTY OF SAN DIEGO

Opioid Update

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HEADLINES



Los Angeles Times

Tiger Woods had five drugs in his system at the time of his DUI arrest, toxicology report

Tiger Woods had five drugs in his system at the time of his May 29 arrest in Florida on DUI charges, according to a toxicology report released Monday by the Palm Beach County Sheriff's Office. The superstar golfer was found asleep at the wheel of his Mercedes around 2 a.m. that morning. At the time, he tested positive for Vicodin, Dilaudid, Xanax, Ambien and THC the active ingredient in marijuana. Previously Woods has stated that he experienced an "unexpected reaction" to pre-



scription medicine that morning. All five of the drugs can be obtained legally with a prescription in Florida, although it is not clear whether Woods had a prescription for any or all of them.

The Washington Times

Special-ops troops' drug, alcohol abuse prompts call for congressional review of 'culture'



They have achieved cult hero status for their exploits since 9/11, but their success on the battlefield is taking a personal toll on Navy SEALs and members of other U.S. special operations elite forces.

Reports of rampant illicit drug abuse by special operators — while on deployment and at home — have prompted congressional lawmakers to call for an accountability review of the "culture" inside special operations units.





8/10/17: President Trump declared opioid crisis a national emergency

Commission on Combatting Drug Addiction and the Opioid Crisis

Recommendations (draft, 7/31/17):

- Increase treatment capacity including Medically Assisted Treatment (MAT); issue naloxone w/opioids
- Prescriber education; increase use of CDC opioid guidelines; Prescription Drug Monitoring Program (PDMP) coordination including VA healthcare system
- Interdiction & enforcement resources to stop illicit drugs including fentanyl
- National prevention strategy for schools, communities

Prescription Drug Abuse Task Force

* Local Prescription Drug Abuse Plan (2008)

* Oxy Task Force (2009)

* Take Back & Secure Drop Boxes (2010)

* *Safe Pain Medicine Prescribing*

Guidelines in Emergency Depts/EDs,

✓ NACo Award (2013)

✓ Statewide implementation (2014)

Safe Pain Medicine Prescribing in Emergency Departments

We care about you. We are committed to treating you safely and in the right way.

Pain relief treatment can be complicated. Mistakes or abuse of pain medicine can cause serious health problems and death.

Our emergency department will only provide pain relief options that are safe and correct.

For your SAFETY, we follow these rules when helping you with your pain.

1. We look for and treat emergencies. We use our best judgment when treating pain. These recommendations follow legal and ethical advice.
2. You should have only ONE provider and ONE pharmacy helping you with pain. We do not usually prescribe pain medication if you already receive pain medicine from another health care provider.
3. If pain prescriptions are needed for pain, we can only give you a small amount.
4. We do not refill stolen prescriptions. We do not refill lost prescriptions. If your prescription is stolen, please contact the police.
5. We do not prescribe long acting pain medicines: OxyContin, MSContin, Dilaudid, Fentanyl (Duragesic), Methadone, Opana ER, Exalgo, and others.
6. We do not provide missing doses of Subutex, Suboxone, or Methadone.
7. We do not usually give shots for flare-ups of chronic pain. Medicines taken by mouth may be offered instead.
8. Health care laws, including HIPAA, allow us to ask for your medical records. These laws allow us to share information with other health providers who are treating you.
9. We may ask you to show a photo ID when you receive a prescription for pain medicines.
10. We use the California Prescription Drug Monitoring Program called CURES. This statewide computer system tracks narcotic and other controlled substance prescriptions.

If you need help with substance abuse or addiction, please call 1-888-724-7240 for a confidential referral and treatment.

All the emergency departments in San Diego & Imperial Counties have agreed to participate in this important program.



Fiscal Year 2017-18 Action Plan

- Increase Media Coverage To Reduce Stigma
- Expand Efforts to Prevent Opioid Deaths
- Increase Access to Treatment
- Strengthen Infrastructure & Support for Fentanyl Overdose Prevention
- Continue to Promote Proper Disposal
- Increase Training for Law Enforcement on Rx Protocols
- Promote *Safe Prescribing* Initiative
- Reduce Access at Pharmacies
- Train & Engage Stakeholders
- Develop Prevention Committee

New Resources

Partners CA Dept. of Public Health & San Diego Medical Society

- \$52,500 for activities to reduce opioid overdose
- East Region Focus
 1. Inventory capacity and promote treatment
 2. Promote distribution of Naloxone
 3. Conduct academic detailing with high risk providers and pharmacies

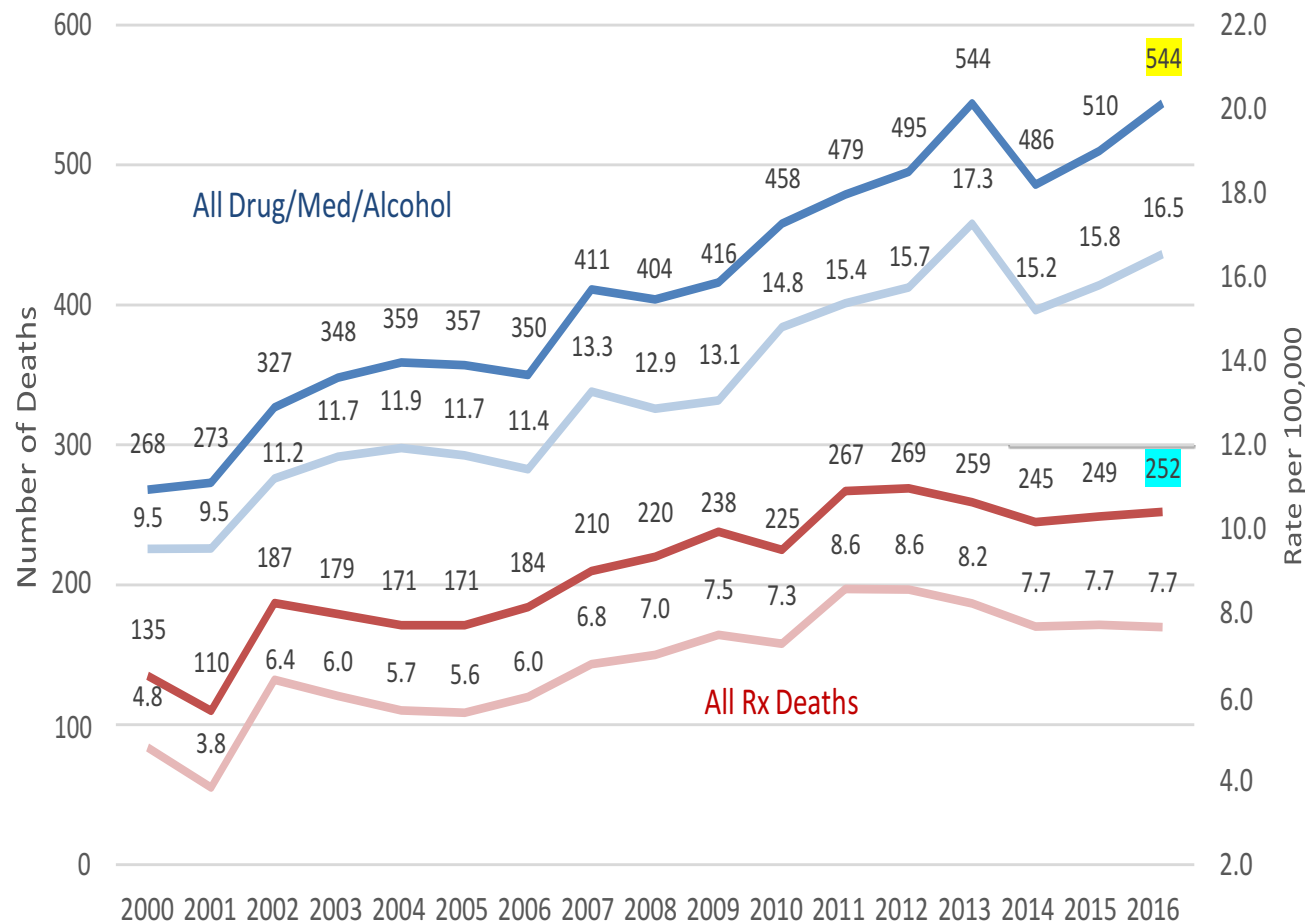


Adolescent Drug Use Trends

1. Marijuana
2. Alcohol
3. Methamphetamine
4. Opioids



NUMBER OF UNINTENTIONAL DRUG/ALCOHOL RELATED DEATHS, 2000 – 2016



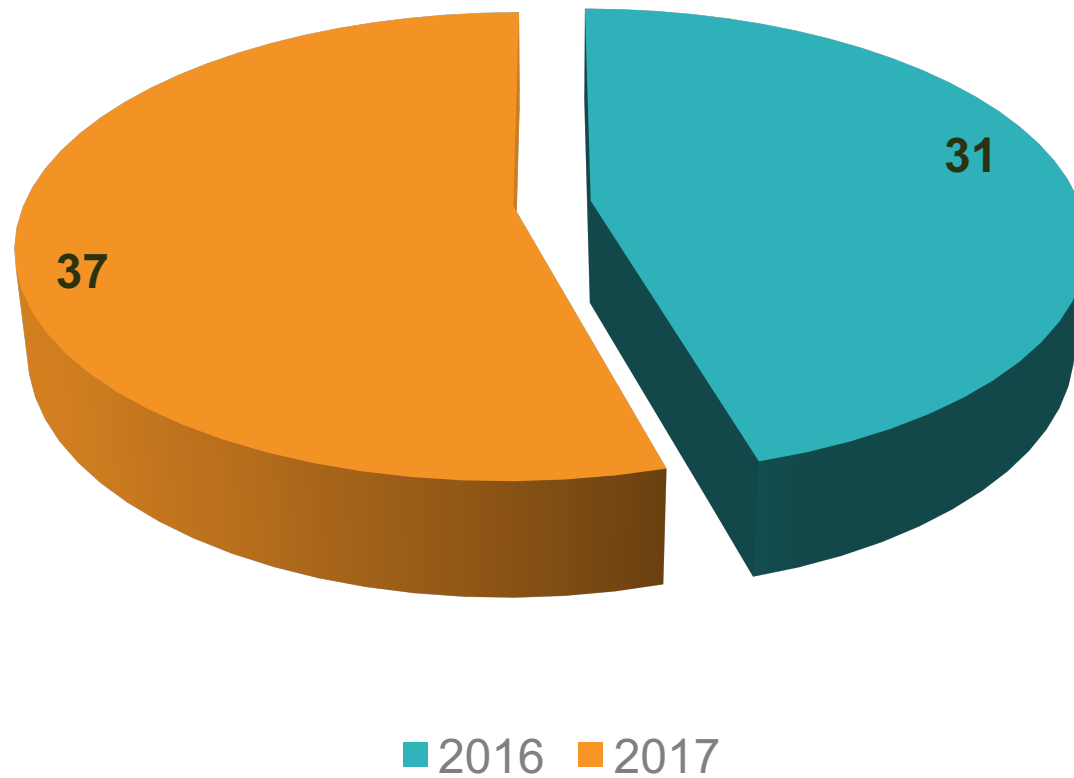
UNINTENTIONAL DEATHS, TOP 25 DRUGS/MEDICATIONS BY AGE, 2016

Substance	15-19	20-24	25-34	34-44	45-54	55-64	65+	Total
Methamphetamine		8	29	40	61	82	20	240
Alcohol	1	3	20	8	41	23	10	106
Heroin	1	10	34	15	13	14	4	91
Oxycodone pain, long acting	2	4	4	5	14	21	3	53
Alprazolam anti-anxiety		2	15	8	7	8	4	44
Gabapentin anti-seizure		2	6	7	13	12	3	43
Cocaine	1	3	8	11	5	11	1	40
Methadone pain, MAT	1		9	6	6	11	3	36
Diphenhydramine Bendryl			10	9	7	8	1	35
Fentanyl pain, veterinary, illicit		2	10	9	8	3	1	33
Morphine		2	4	4	6	11	1	28
Hydrocodone pain, Vicodin		1	1	3	9	10	1	25
Benzodiazepine sleep- anxiety			3	7	9	4	2	25
Diazepam anxiety, Valium	1	1	6	4	2	6	3	23
Trazodone antidepressant		1	1	2	3	8	2	17
Clonazepam anxiety	1	1	3	2	3	6	1	17
Tramadol pain		1	2	3	6	4	1	17
Opiate			2	5	3	3	1	14
Citalopram anti-depressant			2	3	1	6	1	13
Carisoprodol muscle relaxer				5	3	4	0	12
Quetiapine anti-psychotic			2	1	4	2	2	11
Codeine		1	1	3	2	1	1	9
Difluoroethane dust spray		3		5		1	0	9
Zolpidem sleep, Ambien			1	1	3	4	0	9
Venlafaxine depression				2	6			8



Note: Because an individual case may be due to a combination of medications, the medications are not mutually exclusive.

Fentanyl Deaths





Increase in drug seizures at San Ysidro, Otay Mesa, & Calexico

Most are mixed loads:

- Meth + Fentanyl
- Heroin + Fentanyl
- Cocaine + Fentanyl (powder & pressed pills)
- Cocaine + Heroin + Fentanyl
- Meth + Cocaine + Fentanyl
- Meth + Heroin + Fentanyl
- Meth + Fentanyl + Heroin + Oxy

DRUG SEIZURES (8/25/17)



	Fentanyl	Methamphetamine
SEIZURE #1 (Otay)	11.69 pounds	32.98 pounds
SEIZURE #2 (San Ysidro)	23.89 pounds	23.89 pounds
SEIZURE #3 (San Ysidro)	2.43 pounds	50.43 pounds
SEIZURE #4 (San Ysidro)	66.27 pounds	18.60 pounds
SEIZURE #5 (San Ysidro)	14.78 pounds	5 drums liquid methamphetamine



DEA BRIEFING FOR 1ST RESPONDERS

“The DEA has determined that it would only take 2-3 milligrams of fentanyl to induce respiratory depression, arrest and possibly death.” (see photo of penny.)

“When visually compared, 2 to 3 milligrams of fentanyl is about the same as five to seven individual grains of table salt.”





Exposure Risks and Treatment

Exposure

Fentanyl can be ingested or inhaled through the nose or mouth, or absorbed through the skin or eyes

Symptoms

Respiratory depression, drowsiness, sedation, disorientation, pinpoint pupils and clammy skin

Immediate Action

Move to fresh air, wash exposed area immediately with soap and water

Medical Intervention

Seek medical attention, monitor victim, be prepared to administer naloxone

- *“Any personnel exposed to a suspected fentanyl substance should be carefully monitored by EMS personnel for any signs of opioid exposure.”*
- *“**Do NOT use hand sanitizer.** Hand sanitizers may contain alcohol, a skin penetrant, which may increase the absorption of fentanyl through the skin.”*

UPCOMING EVENTS



LIVE WELL
SAN DIEGO

National Take Back Day: Oct 28th

CA Opioid Policy Summit: Nov 8th – 9th

Prescription Drug Abuse Task Force: Nov 17th

www.sandiegorxabusetaaskforce.org

www.sandiegocounty.gov/content/sdc/me/press/stats.html

www.dea.gov/druginfo/Fentanyl_BriefingGuideforFirstResponders_June2017.pdf

